

## ABSTRACT

Food additives for both human and animal feeding including a favorable form of administration for lecithin and/or a lecithin derivative with its advantageous  
5 therapeutic effects on human and animal organisms. To that end, the food additive includes a coating including lecithin and/or a lecithin derivative formed on a plant natural product having a spherically curved surface. Within the coating, further components such as, for example, vitamins, flavoring agents, trace elements, pharmaceutical agents and pharmaceutically effective  
10 components, can also be included along with the lecithin and/or lecithin derivative.